

Children's Environmental Health Month

Calendar Action Items

October 1

Child Health Day – Children's Environmental Health Awareness

(<http://www.azdeq.gov/ceh/>)

What can you do to protect children from environmental health risks? Learn more about the many ways you can create a clean and safe environment at home and school.

October 2

Protect Children from Lead Poisoning (www.azdhs.gov/phs/oeh/invsurv/lead/index.htm)

Temporarily reduce lead hazards; wash floors and windowsills to protect kids from dust and peeling lead-based paint. For additional information check EPA's web site (www.epa.gov/lead/pubs/leadinfo.htm#protect)

October 3

Protect Children from Too Much Sun (www.shadefoundation.org/)

Arizona has plenty of sunshine year round. Remember to wear hats, sunglasses, sunscreen and protective clothing. Use a sunscreen with SPF 15+ on kids over 6 months of age and keep infants out of direct sunlight.

October 4

Replace Mercury Fever Thermometers (www.epa.gov/mercury/consumer.htm#the)

Replace mercury thermometers with digital or mercury-free thermometers. Safely dispose of mercury thermometers and household mercury at a hazardous waste collection site. (www.azrecycles.gov or www.earth911.org)

October 5

Protect Children from Contaminated Fish (www.azdeq.gov/ceh/water.html)

It is important to eat a balanced diet, including fish. Avoid eating fish with high levels of mercury and other contaminants. Read ADEQ's Fish Advisory Fact Sheet (www.azdeq.gov/environ/water/assessment/download/fish0305.pdf) for local advisories. Click here (www.epa.gov/waterscience/fish/advisories/) for a national listing.

October 6

Reduce Mercury Products in the Home and at School

(www.epa.gov/epaoswer/hazwaste/mercury/goal1.htm)

Safely dispose of products such as thermometers, fluorescent lamps, and other products that may contain mercury. Read more about proper CFL disposal. (www.azdeq.gov/environ/waste/hazwaste/download/cfl.pdf)

October 7

Reduce Children's Exposure to Diesel Exhaust (<http://www.azdeq.gov/ceh/air.html>)
Encourage schools to stop unnecessary bus idling, retrofit buses, and replace the oldest buses in the fleet.

October 8

Participate in International Walk to School Day (www.walktoschool-usa.org/)
A great way to reduce traffic and air pollution!
For additional walking school bus information click here.
(http://tpd.azdot.gov/planning/srts_index.php)

October 9

Be SunWise! (www.azdhs.gov/phs/sunwise/)
Sponsor classroom and school-wide activities that raise children's awareness of stratospheric ozone depletion, UV radiation and simple sun safety practices.
Kids activity: Use an Ozone detection card to check ozone levels at home or school.

ADHS SunWise fact/tip sheet: www.azdhs.gov/phs/sunwise/pdf/tip_sheet.pdf
EPA Information: www.epa.gov/sunwise/

October 10

Promote Food Safety (www.azdhs.gov/phs/oeh/fses/)
Wash fruits and vegetables under running water before eating and peel them whenever possible to reduce dirt, bacteria, and pesticides. Trim fat from meat and skin from poultry and fish.
EPA Information: www.epa.gov/pesticides/food/tips.htm

October 11

Protect Children from Chemicals in School
(http://cfpub.epa.gov/schools/top_sub.cfm?t_id=361)
Train school staff, teachers, and facility managers to handle chemicals, including pesticides and cleaning products, safely. Implement an Integrated Pest Management program at your school.
EPA School Chemical cleanout campaign:
www.epa.gov/epaoswer/osw/conserv/clusters/schools/index.htm
EPA fact sheet: www.epa.gov/epaoswer/osw/conserv/clusters/schools/pdfs/sc3.pdf

October 12

Reduce Use of Pesticides at Home (www.azdhs.gov/phs/oeh/invsurv/pesticide/index.htm)
To avoid pests in your home, store food and trash in closed containers. Use baits and traps when you can and place them where kids can't get to them.
EPA pesticide information: www.epa.gov/pesticides/factsheets/pest_ti.htm
For more information or to receive a bi-monthly newsletter go to:
<http://cals.arizona.edu/urbanipm/>

October 13

Lock it Up! (www.1-800-222-1222.info/poisonPrevention/home.asp)

Store pesticides and other chemicals in a locked cabinet, never put them in other containers that kids can mistake for food or drink. If a child or adult is poisoned, call poison control at 1-800-222-1222.

Poison proof your home visit www.1-800-222-1222.info/poisonPrevention/homediag.asp to learn how.

October 14

Provide Children Safe Drinking Water (<http://www.azdeq.gov/ceh/water.html>)

Call your local public water supplier for annual drinking water quality reports. Have private water wells tested annually by a certified laboratory.

ADEQ Information: www.azdeq.gov/environ/water/dw/index.html

EPA Information: www.epa.gov/safewater/dwh/getin.html

October 15

Protect Children at Lakes

ADEQ water assessment information:

www.azdeq.gov/environ/water/assessment/status.html

ADEQ Impaired water list:

www.azdeq.gov/environ/water/assessment/download/2006/draftimpaired.pdf

Interactive GIS link to impaired waters: gisweb.azdeq.gov/website/emaps/wqd/impaired/

October 16

Participate in Water Monitoring Day (www.worldwatermonitoringday.org/)

World Water Monitoring Day is designated to provide students and the public with a basic understanding of surface water protection and pollution prevention. Water quality information is incorporated into classroom curriculum, and the event gives students a hands-on opportunity to learn about surface and ground water monitoring, aquatic macroinvertebrates, and watersheds and how they function. Partners include National Resource Conservation Services, Arizona Project WET, and Master Watershed Stewards (University of Arizona).

October 17

Test Your Home for Radon (www.epa.gov/iaq/radon/pubs/citguide.html)

Test your home for radon with a home test kit. Fix your home if your radon level is 4pCi/L or higher.

October 18

Inspect for Asbestos (www.azdeq.gov/environ/air/asbestos/index.html)

Check insulating materials to ensure they remain intact. Don't disturb them, but check for signs of wear.

EPA Information:

www.epa.gov/iedweb00/asbestos.html#Steps%20to%20Reduce%20Exposure

October 19

Protect Children from Carbon Monoxide Poisoning (www.epa.gov/iaq/co.html)

Check fuel-burning appliances, furnace flues, and chimneys yearly. Never use charcoal grills indoors. Never swim by the tailpipe of a boat, especially while the boat is running. Never swim near an idling boat.

Boating safety & carbon monoxide poisoning: <http://uscgboating.org/command/co.htm>
www.dbw.ca.gov/BoaterInfo/CODanger.aspx

October 20

Prevent Asthma Attacks (www.azasthma.org)

Work with a health professional to develop an asthma management plan. Learn what triggers your child's asthma and eliminate or reduce exposure to those allergens and irritants.

ADHS information: <http://www.azdhs.gov/phs/cdpc/asthma/index.htm>

EPA information: www.epa.gov/asthma/index.html

Coaches & Athletes: www.winningwithasthma.org

October 21

Reduce Indoor Asthma Triggers

(http://www.epa.gov/asthma/pdfs/home_environment_checklist.pdf)

Keep homes, schools and child care centers clean. Use dustproof, zippered bedding covers, and control other triggers such as cockroaches, pet dander, dust mites, mold and secondhand smoke.

October 22

Protect Children from Secondhand Smoke

(www.azdhs.gov/phs/tepp/secondhand_smoke.htm)

Don't smoke or let others smoke in your home or car.

ADHS Information: www.azdhs.gov/phs/tepp/index.htm

EPA Information: www.epa.gov/iaq/asthma/shs.html

October 23

Prevent Mercury Exposure at School

(www.epa.gov/epaoswer/hazwaste/mercury/school.htm)

Avoid using liquid mercury in school. Check labs for mercury and other unused chemicals.

October 24

Clean Mercury Spills Safely (www.epa.gov/mercury/spills/index.htm)

Open windows and go to www.earth911.org or contact your local poison control center about spill clean-up procedures. Never sweep or vacuum mercury or pour it down the drain.

October 25

Reduce Risks from Lead in Drinking Water (www.azdeq.gov/download/lead.pdf)

Run cold water until it becomes as cold as it can get. Use only cold water for drinking, cooking, and making baby formula.

EPA Information: www.epa.gov/safewater/lead/index.html

October 26

Ask About Lead when Buying or Renting

(www.azdhs.gov/phs/oeh/invSurv/protectfamily.htm)

Sellers and landlords must disclose known lead hazards in houses or apartments built before 1978.

October 27

Reduce Exposure to Chromated Copper Arsenate (CCA)

(www.azdeq.gov/function/about/download/ccafact.pdf)

Never burn CCA-treated wood. Wash hands after contact with treated wood, especially before eating and drinking. Ask about alternative coatings for play structures, decks, tables, landscaping timbers, residential fencing, and walkways.

EPA Information: www.epa.gov/oppad001/reregistration/cca/

October 28

Reduce Outdoor Air Pollution

Find out when air pollution is high in your area from newspapers, TV or radio stations.

Limit outside activities when the Air Quality Index (AQI) rises to unhealthy levels.

Walk, bike, carpool or use public transportation whenever possible. To receive text message alerts on high pollution advisory

(www.azdeq.gov/environ/air/monitoring/hpa.html) days, click here

(www.azdeq.gov/sms.html)

Kids activity: Check the air quality flag color today, what type of day is it and what should you do?

For more general Air Quality Information: www.azdeq.gov/environ/air/index.html

For more information on the AQI: www.epa.gov/airnow/aqi_cl.pdf

EPA Information: www.epa.gov/air/actions/

October 29

Improve Indoor Air Quality in Schools

(<http://www.azdeq.gov/ceh/download/indoorair.pdf>)

Make sure school heating, ventilation, and air conditioning systems are working properly.

Implement the IAQ Tools for Schools Program in your school to improve indoor air quality.

CEH Healthy Schools: <http://www.azdeq.gov/ceh/download/healthy.pdf>

ADHS Information: http://azdhs.gov/phs/oeh/invSurv/air_qual/

EPA Tools for Schools Program: www.epa.gov/iaq/schools/

For funding assistance or information: www.azsfb.gov

October 30

Protect Children from Mold

(http://azdhs.gov/phs/oeh/invsurv/air_qual/mold_contents.htm)

Fix moisture problems and thoroughly dry wet areas such as carpets, walls, and ceiling tiles within 24-48 hours to prevent mold growth. Fix leaky plumbing and other water problems in your home.

EPA Information: www.epa.gov/iaq/molds/index.html

October 31

Watch Your Waste (www.azdeq.gov/envIRON/waste/solid/recycle2.html)

How much waste do you your family, or school generate in one day? Remember the 3 R's: Reduce, Reuse, & Recycle.

School activity: Create a leaky landfill

Kids activity: Think of ways you can reduce your "waste" this Halloween.

For Teachers: www.treasures4teachers.org